



PLAYGROUND SAFETY

Play it Safe

Playgrounds are great places for children to test and grow their physical abilities. But whether they're playing on a backyard swing set or at a public park, there are some dangers on every playground. To keep your kids safe while they play, follow this **S.A.F.E.** checklist:

S.A.F.E. Checklist

Supervision is present.

Adults should watch kids at playgrounds at all times. They should be on the look out for any dangers and be ready to step in if a child needs help.

Play on Age-appropriate equipment.

Children under the age of 5 should play in a separate area from older children to keep play fun and safe for everyone. Smaller children also need to play on equipment that is right for their size. Playing on equipment made for larger children may result in injuries.

Falls to the ground are cushioned.

A fall to concrete, asphalt or even dirt and grass could result in a serious injury. Look for playgrounds that have sand, wood chips or rubber matting under swings, seesaws and jungle gyms. All of these surfaces will cushion your child if he or she falls.

Equipment is safe.

Check out the equipment before every play session. Make sure everything is anchored safely to the ground and that all the equipment is in good working order. Look for open S hooks or other pieces that could catch on a child's clothing. Also check for rusted or exposed bolts and sharp edges or points. If at home, cover these areas with protective rubber. If at a public playground, report the problem to the appropriate authorities.



Safety Rules

Teach children never to walk in front or behind the swings while others are swinging.

Always use the ladder to climb up a slide. Never climb up the sliding surface.

Tell children not to push or shove on the slide ladder. Make sure children go down one at a time.

Children under the age of 4 should not use jungle gyms or any other climbing equipment that is taller than they are.



In Cooperation With:

Statewide Injury Prevention Program

(501) 364-3400 or (866) 611-3445 • www.archildrens.org/injury_prevention

Sources: American Academy of Pediatrics, National Program for Playground Safety